

RNR Team Winners List

award	position	team	time
OPEN - Orchard Caravans Cup	1	Norwich Road Runners 1	20:33:51
	2	Ely Runners 1	20:38:35
	3	Norfolk Gazelles AC 1	22:29:06
CLUB - Vaughan-Arbuckle Cup	1	City of Norwich Athletic Club 1	20:10:32
	2	Ryston Runners AC 1	21:22:26
	3	Wymondham AC 1	21:32:35
LADIES - Geoff Allen Cup	1	Saint Edmund Pacers 2	25:16:30
	2	Norwich Road Runners 2	25:41:20
	3	Norfolk Gazelles AC 2	26:32:53
MASTERS - Mounted Baton	1	Newmarket Joggers	23:17:08
	2	Reepham Runners	26:57:52
	3	Bishops Stortford Running Club	30:18:53
MIXED - Birketts Cup	1	Headington Road Runners	24:12:51
	2	Ryston Runners AC 2	25:05:36
	3	Ely Runners 2	26:42:23
ARC RELAY	1	Ely Runners 1	20:38:35

award	position	team	time
	2	North Norfolk Beach Runners 1	21:51:26
	3	Norfolk Gazelles AC 1	22:29:06
NORFOLK CLUB	1	City of Norwich Athletic Club 1	20:10:32
	2	Wymondham AC 1	21:32:35
VISITOR	1	Ely Runners 1	20:38:35
	2	Ealing Eagles	22:14:07
SMALL CLUB	1	Bure Valley Harriers	21:57:42
	2	West Norfolk Athletic Club	23:06:32

RNR Individual Age Graded Winners List

cat	forename	surname	club	wava	stage
OVERALL	Jane	Freeman	Norfolk Gazelles AC 2	90.1	14
MS	Logan	Smith	City of Norwich Athletic Club 1	87.2	12
MM	Steve	Elvin	Bure Valley Harriers	88.3	15
LS	Mabel	Beckett	City of Norwich Athletic Club 1	82.7	14
LM	Jane	Wall	Saint Edmund Pacers 1	89.3	10
MJ	Julian	Moynihan	Ely Runners 1	85.6	8
LJ	Belle	McKenzie	Ryston Runners AC 2	73.9	16

RNR Individual Trophy Winners List

name	forename	surname	club	wava	time
The EDP Trophy - stage 1 time	Joe	Holland	Paddock Wood AC	77.7	01:40:00
The Dave Wooton Cup - stage 2 time	James	O'Brien	Saint Edmund Pacers 1	85.8	01:19:58
The Darryl Davis Memorial Trophy - stage 4 wava	Richard	Hanson	Norfolk Gazelles AC 1	78.6	01:19:03
The Fat Birds Don't Fly Cup - stage 5 time	James	Reed	Bure Valley Harriers	77.2	01:09:11
The Peter Andrews Cup - stage 11 wava	Paul	Waggitt	Ely Runners 1	83.8	01:24:43
The Winning Ways Trophy - stage 16 wava	Cheryl	Trundle	Haverhill Running Club	88.7	00:46:41

The Family Award goes to Joanne Watkins, Eva Eccles and Billy Eccles of Bure Vally Harriers

And finally.....The Carrott Shield for best time estimate went to ???? and the Wooden Spoon for the worst time estimate goes to ????

RNR Stage Winners List

stage	position	gender	forename	surname	club	wava	time
1	1	M	Joe	Holland	Paddock Wood AC	77.7	01:40:00
1	2	M	Neil	Adams	North Norfolk Beach Runners 1	85.4	01:40:42
1	3	M	Chad	Akili	City of Norwich Athletic Club 1	78.0	01:42:08
1	1	F	Gem	Carter	Saint Edmund Pacers 2	73.9	01:58:11

stage	position	gender	forename	surname	club	wava	time
1	2	F	Claire	Kent	Wymondham AC 2	72.3	02:00:14
1	3	F	Clare	Sandall	Norwich Road Runners 2	74.3	02:11:15
2	1	M	James	O'Brien	Saint Edmund Pacers 1	85.8	01:19:58
2	2	M	Laurence	Rouse	City of Norwich Athletic Club 1	75.7	01:22:22
2	3	M	Tom	Green	Ealing Eagles	77.3	01:25:50
2	1	F	Mary	Scott	Headington Road Runners	68.5	01:40:57
2	2	F	Becky	Willets	Norwich Road Runners 2	64.6	01:49:35
2	3	F	Eleanor	Gaskins	Coltishall Jaguars	63.1	01:51:37
3	1	M	Thomas	Norfolk	Cambridge & Coleridge AC 1	67.4	00:36:53
3	2	M	Ethan	Ward	West Norfolk Athletic Club	72.1	00:37:04
3	3	M	Edward	Suswain	Ely Runners 1	62.3	00:39:56
3	1	F	Harly	Moon	Bure Valley Harriers	66.4	00:42:17
3	2	F	Ellen	Jack	City of Norwich Athletic Club 2	65.4	00:42:49
3	3	F	Molly	Sands	Ryston Runners AC 1	64.8	00:43:14
4	1	M	Jacob	Ocal	City of Norwich Athletic Club 1	75.1	01:06:17
4	2	M	Kyle	Brooks	Wymondham AC 1	75.7	01:06:23
4	3	M	Dougie	Moffett	Headington Road Runners	73.8	01:07:25

stage	position	gender	forename	surname	club	wava	time
4	1	F	Leanne	Finch	Bure Valley Harriers	75.8	01:13:43
4	2	F	Emma	Ford	Cambridge & Coleridge AC 1	64.8	01:25:43
4	3	F	Marisa	Jolley	Ely Runners 2	71.7	01:26:35
5	1	M	James	Reed	Bure Valley Harriers	77.2	01:09:11
5	2	M	James	ONEIL	Ryston Runners AC 1	75.1	01:09:54
5	3	M	Tom	Newman	City of Norwich Athletic Club 1	70.5	01:10:02
5	1	F	Juliette	Watkinson	Wymondham AC 1	72.8	01:18:03
5	2	F	Alice	Horney	Norwich Road Runners 2	65.8	01:22:28
5	3	F	Emma	Tuck	March AC 1	73.0	01:24:38
6	1	M	Richard	Suswain	Ely Runners 1	80.3	00:49:47
6	2	M	Darren	Tubby	North Norfolk Beach Runners 1	71.7	00:50:42
6	3	M	Ian	Bray	Norwich Road Runners 1	71.9	00:51:19
6	1	F	Cat	Cummings	City of Norwich Athletic Club 1	81.7	00:52:12
6	2	F	Jo	Humphrey	Paddock Wood AC	72.3	00:54:24
6	3	F	Joanne	Watkins	Bure Valley Harriers	70.9	00:56:45
7	1	M	Billy	Eccles	Bure Valley Harriers	82.9	00:51:34
7	2	M	James	Ridger	Paddock Wood AC	81.6	00:55:01

stage	position	gender	forename	surname	club	wava	time
7	3	M	Dylan	Whitehouse	Ryston Runners AC 1	77.5	00:55:08
7	1	F	Eleanor	Grubb	City of Norwich Athletic Club 1	85.3	00:55:23
7	2	F	Grace	Buchanan	North Norfolk Beach Runners 1	79.1	00:57:51
7	3	F	Sarah	Dawkins	Ealing Eagles	71.9	01:04:00
8	1	M	Julian	Moynihan	Ely Runners 1	85.6	00:39:41
8	2	M	Alex	Griffiths	Norwich Road Runners 1	79.7	00:42:29
8	3	M	Jamie	Shaw	Cambridge & Coleridge AC 2	75.4	00:44:54
8	1	F	Dawn	Robinson	Ryston Runners AC 1	76.8	00:48:46
8	2	F	Sarah	Shepherd	Paddock Wood AC	73.1	00:50:41
8	3	F	Stephanie	Laurence	City of Norwich Athletic Club 1	73.4	00:51:29
9	1	M	Aidan	Banfield	Wymondham AC 1	86.1	01:29:03
9	2	M	Martyn	Bath	Norwich Road Runners 1	83.6	01:32:21
9	3	M	William	Coates	Ealing Eagles	80.9	01:34:45
9	1	F	Rebecca	Moore	Bure Valley Harriers	79.1	01:47:13
9	2	F	jo	Oregan	Nicetri Club St Neots	77.3	01:55:12
9	3	F	Natasha	Michael	Saint Edmund Pacers 2	70.8	01:59:09
10	1	M	Callum	Bowen-Jones	City of Norwich Athletic Club 1	80.7	01:33:02

stage	position	gender	forename	surname	club	wava	time
10	2	M	Simon	Millett	Norwich Road Runners 1	81.8	01:33:20
10	3	M	Alexander	Nelson	Cambridge & Coleridge AC 1	78.0	01:36:11
10	1	F	Leonie	Glasson	Headington Road Runners	70.0	01:59:03
10	2	F	Gordana	Sucur-Hills	Runners-next-the-Sea	77.3	02:05:01
10	3	F	Louise	Hurr	Norfolk Gazelles AC 2	85.5	02:05:46
11	1	M	Paul	Waggitt	Ely Runners 1	83.8	01:24:43
11	2	M	James	Senior	City of Norwich Athletic Club 1	79.0	01:25:02
11	3	M	Matthieu	Marshall	Headington Road Runners	75.0	01:29:25
11	1	F	Kirsty	Mc Dermott	Newmarket Joggers	79.9	01:35:06
11	2	F	Hariett	Carr	Wymondham AC 1	76.3	01:41:14
11	3	F	Juliet	Vine	Garden City Runners	75.0	01:41:49
12	1	M	Logan	Smith	City of Norwich Athletic Club 1	87.2	01:36:49
12	2	M	Christopher	Smith	Ely Runners 1	82.0	01:42:57
12	3	M	Charles	George	Paddock Wood AC	78.9	01:47:03
12	1	F	Kate	Murrell	Norwich Road Runners 2	84.0	02:00:22
12	2	F	Katie	King	Saint Edmund Pacers 2	73.7	02:07:46
12	3	F	Meghan	Mason	Norfolk Gazelles AC 2	69.1	02:14:43

stage	position	gender	forename	surname	club	wava	time
13	1	M	Charlie	Wakefield	Ryston Runners AC 1	81.9	01:22:42
13	2	M	Dom	Blake	Reepham Runners	85.8	01:27:04
13	3	M	Matt	Howard	Norwich Road Runners 1	78.1	01:30:22
13	1	F	Zohra	Armitage	Saint Edmund Pacers 2	76.9	01:49:28
13	2	F	Penny	Studley	Great Yarmouth Road Runners 1	76.2	01:54:41
13	3	F	Dani	Gilbert	Wymondham AC 2	65.9	01:55:41
14	1	M	Cody	Pearman	Ryston Runners AC 1	73.9	00:44:49
14	2	M	Lee	Quibell	Bure Valley Harriers	76.2	00:45:51
14	3	M	Shay	Walpole	Norwich Road Runners 1	68.9	00:45:55
14	1	F	Mabel	Beckett	City of Norwich Athletic Club 1	82.7	00:43:13
14	2	F	Hannah	Bye	Cambridge & Coleridge AC 1	77.0	00:46:24
14	3	F	Juliet	Watkinson	East Anglian Air Ambulance	76.6	00:49:14
15	1	M	Jake	Grand	Norwich Road Runners 1	79.9	00:58:59
15	2	M	Nicholas	Smith	Bedford Harriers Athletics Club	81.9	01:01:33
15	3	M	Sam	Wade	City of Norwich Athletic Club 2	74.8	01:03:00
15	1	F	Amy	Southam	Ryston Runners AC 1	80.7	01:05:51
15	2	F	Kanina	O'Neil-Head	March AC 1	81.4	01:05:58

stage	position	gender	forename	surname	club	wava	time
15	3	F	Fiona	Kelleher	Ealing Eagles	75.7	01:09:48
16	1	M	Zach	Dunne	City of Norwich Athletic Club 1	83.5	00:29:07
16	2	M	Harry	Robinson	Thetford Athletic Club	79.2	00:32:02
16	3	M	Alexander	Upstone	Ely Runners 1	69.1	00:34:06
16	1	F	Olivia	Mead	March AC 1	72.9	00:36:30
16	2	F	Belle	McKenzie	Ryston Runners AC 2	73.9	00:36:48
16	3	F	Lydia	Pouncey	City of Norwich Athletic Club 2	71.4	00:37:17
17	1	M	Callum	Stanforth	West Norfolk Athletic Club	81.0	01:05:35
17	2	M	Nathan	Stockdale	Ryston Runners AC 1	77.9	01:07:30
17	3	M	James	Jarmy	City of Norwich Athletic Club 1	77.1	01:09:16
17	1	F	Alicia	Lacey	Norwich Road Runners 2	73.9	01:19:29
17	2	F	Sarah	Osbourne	Newmarket Joggers	73.1	01:21:00
17	3	F	Emily	Myhill	Headington Road Runners	71.5	01:22:35